10 Craziest Sex Moves We’ve Ever Tried!

You’re Still OBSESSING Over Him... Here’s How to Stop

Your New Secret Weapon for Hotter Sex (He’ll Love It Too)

COSMO BEAUTY AWARDS What’s Really Worth Your $$$
Fun, Fearless
DERMATOLOGIST OF THE YEAR

Ellen Marmur, MD

How far will this associate clinical professor in dermatology and genetics at Mount Sinai Medical Center go to raise money for skin cancer? To the top of Mount Kilimanjaro! This year, she tackled the peak for her initiative, Skin Cancer, Take a Hike! (skincancertakeahike.com), which raises money to build public shade structures. “I want to teach people that daily sun exposure adds up and causes cancer,” she says. Here, her advice on how to be skin smart.

Ingredients to Look for on a Label
Skin-care shopping can be confusing. Seek out these derm-approved ingredients and you’ll get the most bang for your buck.

RETINOL
This do-it-all wonder reduces breakouts, evens out pigmentation, and makes skin smoother (it’s in StriVectin, left).

TITANIUM DIOXIDE
A gentler alternative to chemical sunscreens, which can irritate sensitive skin types, this mineral UV blocker sits on top of skin, creating a barrier.

HYALURONIC ACID
When it comes to moisturizing, this ingredient is king. It can bind a thousand times its weight in water for maximum hydration.

NIACINAMIDE
Awesome in eye creams (also in StriVectin), it ups collagen production, smoothes out crow’s-feet, and evens out dark circles.